

Facts About Osteoporosis

What is osteoporosis?

Osteoporosis is a disease that causes bones to weaken. Bones become increasingly fragile and may fracture easily. The disease often progresses painlessly until a bone breaks, usually in the hip, spine or wrist. Women are four times more likely than men to develop the disease, mainly due to loss of estrogen at menopause. Half of all women over age 50 are affected with osteoporosis.

What causes osteoporosis?

The cause of osteoporosis is not known, but there are risk factors which increase the chance of developing the disease. Family history, diet, and lifestyle all play roles in determining the risks for osteoporosis.

Am I at risk for osteoporosis?

Factors that may increase your chances of developing osteoporosis are:

- Small, thin body frame
- A family history of the disease
- Broken bone after age 40
- Postmenopausal
- A diet low in calcium
- An inactive lifestyle with little or no exercise
- Caucasian or Asian race
- Cigarette smoking
- Excessive use of alcohol
- Taking thyroid medication or cortisone-like drugs for asthma, arthritis, or other diseases



Where can I get more information?

You may call your doctor or contact the Indiana Family Helpline at 1-800-433-0746.

Important Phone Numbers for Women and Families

- Attorney General's Consumer Protection Hotline:
(800) 382-3910
- Child Support Hotline:
(800) WANTED NOW.
- Child Abuse Hotline
(800) 800-5556
- Crisis and Suicide Hotline
(317) 251-7575
- Department of Insurance, Consumer Assistance Hotline
(800) 622-4461
- Home Healthcare Hotline
(800) 227-6334
- Hoosier Healthwise Program, provides health insurance for children living at 200% of the poverty level or below
(800) 889-9949
- Indiana Coalition Against Domestic Violence
(317) 917-3685
- IN Commission for Women
(317) 233-6303
- Indiana State Department of Health, Family Helpline
(800) 433-0746
- Maternal and Child Health
(800) 761-1271
- Office of Women's Health
(317) 233-1296
- Senior Health Insurance Information Program
(800) 452-4800
- State Senate
(800) 382-9467
- WIC Program: nutrition assistance to Women, Infants and Children:
(800) 522-0874

Women's Health Issues



Provided by:

Indiana Senate Democrats

**Statehouse
200 W. Washington St.
Indianapolis, IN 46204**

www.in.gov/senate_democrats

Women's Health Programs Offered by the State

Office of Women's Health: Its objectives include: identify, coordinate, and set state-wide priorities for women's health programs, services and resources. It also promotes programs that are especially sensitive to the needs of underserved and disadvantaged women, and provides information, current research and data to assist policy-makers throughout the state.

Breast and Cervical Cancer Early Detection Program: Emphasizes integration and coordination of services; public education and outreach; professional education and practice; quality assurance for breast cancer and cervical screening and surveillance and evaluation.

Indiana Prenatal Substance Use Prevention Program: Funds four primary prevention sites, as well as providing ongoing statewide education to reduce substance abuse in pregnant women.

Indiana Commission for Women: Created by statute in 1996, this commission is actively involved in women's health issues, economic self-sufficiency for women, and obtaining state contracts for women-owned businesses. It has also co-sponsored several conferences for women, advised women through its website (www.in.gov/icw), and has generally promoted women in all avenues of life.

Diabetes Control Program: This program's objectives are to reduce diabetes

through prevention, early detection, and training in diabetes self-management.

Osteoporosis Education Initiative: Addresses osteoporosis prevention and treatment education for health professionals and consumers throughout Indiana. For more information on osteoporosis, please see "Facts About Osteoporosis" on the back side of this pamphlet.



Tobacco Cessation Program: This program will educate women on links between tobacco and diabetes, cardiovascular, lung and other cancers, osteoporosis, child development, asthma, bronchitis,

and ear infections. Materials on these subjects are available at WIC clinics, health clinics, and primary care delivery systems.

CARE (Communities Against Rape Initiative): Funded through the federal Violence Against Women Act, it establishes an effective rape prevention education program. This program consists of assessment, intervention and infrastructure development efforts to decrease the incidence of sexual assaults and rapes in Indiana.

Women's Health Initiative: The Office of Women's Health and the Indiana Commission for Women are responsible for distributing grant monies that are targeted toward programs designed to improving the lives of Indiana women of all ages.

Recent Legislation Affecting Women

New laws affecting women and their children passed by the General Assembly in 2003 include the following:

HEA 1630 requires that a pregnant woman be tested for HIV during pregnancy or at the time of delivery unless she refuses. Information regarding the HIV testing status of a pregnant woman will be included on the confidential part of the child's birth certificate and results of the tests are confidential. The State Department of Health will provide written materials explaining treatment options for individuals who have a positive HIV test.

HEA 1643 enables the Office of Family and Social Services Agency to assist nonprofit organizations that provide health care to uninsured residents to by determining eligibility for the program issuing plan cards to eligible individuals, setting a registration fee, and operating a toll-free telephone number for participants in the program to receive referrals. This program is patterned after Health Kentucky, a private nonprofit, charitable corporation that arranges and promotes access to health care for poor and uninsured Kentuckians.



SEA 479 allows a court to issue a protective order without a formal hearing in certain instances. Violation of a no contact order or a workplace violence restraining order can be considered as an aggravating factor in sentencing. Lastly, law enforcement officers may arrest a person if they are interfering or preventing a domestic violence crime to be reported.